

Week 6 Training Tips

6/19/2017

Welcome to week six! This week you are lucky enough to have three brick workouts in your schedule! And remember, as tiring and hard as they may be - push through, and stay strong as the brick workout is one of the greatest tools for getting into shape for the 2017 triathlon season! This week as well be sure to focus on getting comfortable with the odd movements we perform while doing triathlons i.e., changing in and out of your wetsuit, getting on and off of your bike, drinking while riding your bike!

For any questions about the 12 week training program contact Paolina Allan at paolinaallan@me.com

WEEK 6 FOCUS	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Consistency and frequency are the key to success! Practice swimming in the lake with your wetsuit this week! Practice getting on and off of your bike! Practice drinking your water on the bike!	<u>RUNNING</u> - 30 Min run - Add in hills and mixed terrain	<u>SWIM</u> - 25m sprints x 16 - Include a warmup and cool down - Bike for 30 mins	<u>CROSS TRAIN</u> - CORE WORKOUT !	<u>BIKE</u> - Spin class or hilly terrain ride for 40 mins - Swim for 600m	<u>DAY OFF</u>	<u>BRICK</u> - 50 min Bike with mixed terrain - 15 min run	<u>SWIM</u> - Swim total 600-800m - Strength work for 30 mins